



Shipping Information: **Returning your samples in the UK**

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays. Please ensure your samples are received by us no later than Wednesday by 4pm. DO NOT SHIP ON A FRIDAY.

For health and safety reasons, you must use all the packaging enclosed and seal each bag correctly before returning your samples.

Regenerus Laboratories reserves the right to dispose of any sample received which does not meet this criteria.

For your convenience, we have enclosed a pre-paid return shipping label. Please stick this to the outside of your sealed shipping bag or package, ensuring you do not cover the UN3373, overpack, or biological substance cat B text. To book a pick up, please visit <http://dhl.co.uk/en/express>.

Should you require any assistance, please call us on +44 (0) 203 750 0870 or email us at the address below.

Returning samples from overseas

Due to the time sensitivity of this test it is not available outside of mainland UK



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Code DD018

Collection Instruction for
Plasma Amino Acids

Before You Start:

Please read all of the directions and familiarize yourself with the collection procedures. The results of this test are greatly dependent on proper specimen collection techniques and are very time sensitive.

Blood collection can only be done on a Monday or Tuesday.

The blood specimen for this test must be collected after an overnight fast. A fasting collection emphasizes metabolic problems and minimizes dietary/digestive influences. For 48 hours prior to the specimen collection discontinue taking any amino acid dietary supplements and/or amino acid metabolites such as GABA, 5- HTP, and creatine. For 48 hours prior to the specimen collection do not consume artificial sweeteners containing aspartame such as NutraSweet®, Equal®, etc. Consumption of these products can cause false elevations of reported amino acid results. Your physician may or may not tell you to discontinue using other dietary supplements or medications. Never discontinue prescription medications without first consulting your physician.

Verify Kit Contents:

- 1 Lavender-top EDTA tube - do not use Heparin tube
- 1 Plastic transfer pipette
- 1 8mL plasma transfer vial w/sulfosalicylic acid (SSA)*
- 1 Polar gel ice brick
- 1 Styrofoam insulating shell
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 blue/grey bag with a pre-paid UPS label

*Vial contains 200 µL 50% sulfosalicylic acid, a weak acid.

Wipe spills with a wet towel. In case of contact with eyes, flush with water for 15 minutes. In case of contact with skin, wash with soap and water.

- If you are missing kit components, please call our Customer Service department for assistance, on 0203 750 0870.
- Save the cardboard collection kit box and Styrofoam box to ship your samples back to the laboratory.

Collection Instructions

- 1) Prior to collecting the blood, place the gel ice brick into a freezer until frozen solid (about 6 hours) for shipping with your sample.
- 2) Ensure you have arranged your blood draw time to fit with your courier times.
- 3) Draw the blood into the 1 EDTA (lavender top) tube and invert 10 times to mix. The blood must be drawn after an overnight fast.
- 4) Within 30 minutes of initial blood draw, centrifuge the tube for at least 10 minutes. Promptly remove the tube when the centrifuge stops.
- 5) Pipette the plasma into the plastic transfer vial using the disposable pipette supplied. Pipette the plasma to the line marked "2mL" on the tube. Do not fill above or below this line. An acid solution has been added to this vial to precipitate out the protein. It is critical that you do not pipette from the bottom or middle plasma layer. Avoid pipetting any white or red blood cells. Do not use plasma that is hemolyzed (red colour). 3mL is the minimum amount of plasma required. Mix the acid and plasma by inverting the vial at least 10 times. The contents will become milky white.
- 6) Write the patient's name, the date of collection and the patient's date of birth on the transfer vial. The test cannot be performed without the information on the vials
- 7) Place the vial into the zip lock bag, then place the bag into the **FREEZER** for a minimum of 6 hours.
- 8) Fill out the test requisition form completely and sign it. The test can not be performed without a properly filled out requisition. Place the completed requisition form in the cardboard shipping box.
- 9) When ready to ship(ideally the day after the blood draw), place the frozen gel ice brix into the bottom of the Styrofoam insulating container, and then place the zip-lock bag containing the frozen specimen on top of the ice brick. Close the shell and place into the cardboard shipping box, then place the box in the shipping bag and attach the DHL prepaid shipping label. The specimen is now ready for shipping.

For best results, the analysing laboratory, Doctors Data, recommends shipping specimens as soon as possible. If you cannot ship the specimen on the day after you finish the collection, due to freezing the sample, such as over a weekend or holiday, store the specimen in the zip-lock bag in the **FREEZER** and return the gel ice brick into the Freezer until you are ready to ship, but no longer than 5 days.

In Summary Checklist

1. Freeze ice brick
2. Book courier collection
3. Have the blood draw
4. Freeze prepared plasma sample for a minimum of 6 hours
5. Ensure sample and requisition forms are completed and match.
6. Ship frozen sample with ice brick as instructed.

Consult your physician if you have any questions during the test collection process.

